



**August 20, 2020**

**Dear Middle/High School Parents:**

As we all recognize that hungry children cannot learn, the first step is ensuring that all students begin the school day with a nutritious breakfast at home or at school. We offer a nutritious school breakfast for your children every morning.

Studies show that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. Many families do not have time to fit a balanced breakfast into their busy morning schedules. The School Breakfast Program exists to make sure all parents can be sure their children are getting the nutritious breakfast they need to start off their day right.

The School Breakfast Program is available to all middle/high school students every school day in the morning starting at 7:30 am. Your child can attend every day or occasionally. These supervised meals provide your child with one-fourth of their nutritional needs each day.

School breakfast is a wonderful way to make sure your children have a balanced meal to start each day. Try breakfast at school today!

Children from households whose income is at or below the levels set by the federal government may be eligible for **either** free or reduced-price meals. To apply, please contact your child's school.

Sincerely,

A handwritten signature in black ink that reads 'Deborah A. Martin'.

Deborah A. Martin  
Business Manager

**School Breakfast Information**

Price \$2.25/Reduced \$0.30\*

7:30 - 8:43 am

\*Price is determined by your confidential application for free and reduced priced meals.

If you would like an application for meal benefits, please call the central office at 860-535-2800, x3 or visit [www.northstonington.k12.ct.us](http://www.northstonington.k12.ct.us) for an application